

## Serving Size Estimates

**Table I. – Estimates & Actual Amounts**

Food Names	One Serving “Estimates” Measured in pieces, cups, or weight	Actual Serving Size Measured in pieces, cups, or weight	Difference Between Estimated Amounts & Actual Amounts Actual – Estimated = ??	Comparison More, Less, Same

## Calculate Percent of Change

**Table II. Calculating Percent of Change**

Food Names	One Serving “Estimates” Measured in pieces, cups, or weight	Actual Serving Size Measured in pieces, cups, or weight	Calculate Percent of Change Actual Serving Size Amt – Estimate Amt = <i>Amt of Change</i> Amt of Change ÷ Actual Size = Decimal Amt of Change Decimal Amt of Change × 100 = Percent of Change	
Example 1	28 grams	35 grams	35 – 28 = 7 7 ÷ 35 = 0.2	500 – 525 = – 25 (remove neg sign) 25 ÷ 500 = 0.05
Example 2	525 pieces	500 pieces	0.2 × 100 = 20%	0.05 × 100 = 5%